

Plan for Good Nutrition for Farm People

I. Present situation

1. Summary of what is known about the nutritional status of the agricultural population in the area as indicated by
 - a. Dietary surveys
 - b. Incidence of nutritional deficiencies
 - c. Public health statistics
 - d. Observations of qualified persons (Extension) and Farm Security Agents, health officers, etc.
2. Discussion of extent to which poor diets are the result of
 - a. Low incomes
 - b. Inadequate distribution of supplies
 - c. Traditional food habits
 - d. Lack of knowledge.
3. The extent of home production of food for family use and its relation to good diets.
4. Effect of war situation on food consumption and adequacy of diets--through
 - a. Rationing
 - b. Shifts in income levels
 - c. Food supply and price changes
 - d. Increase in employment of homemakers
5. Results of present programs in the area to improve the level of nutrition
 - a. School lunch projects
 - b. "Live at home" programs
 - c. Nutrition education campaign
 - d. Others

II. Desirable objectives and major problems involved in attaining them

A. Desirable objectives

It is assumed that the nutritional goal will be similar in all areas--for all people, food that provides the dietary allowances recommended by the National Research Council.

B. Major problems involved in attaining them

1. Convincing people of the need for dietary improvement.
2. Development of programs to bring good nutrition within reach of all.

III. Remedial measures needed will depend on the situation in individual areas. Suggestions follow:

1. Improved distribution of income including parity income for farmers, wages for agricultural workers comparable with wages received by other workers with similar skills and social security for the farm population.
2. Formulation of adequate food budgets adapted to consumption habits and resources of the area which may serve as a guide for planning home production programs, child feeding plans, educational projects and other measures.
3. For farm families unable to produce a substantial portion of their needed food supplies or with insufficient income from nonfarm sources to purchase food, there may need to be:
 - a. Adjustment in man-land ratio
 - b. Changes in tenure or lease arrangements.
4. Extension of child feeding programs

Consideration should be given to the possibility of providing adequate school lunches for all children regardless of economic need.
5. State legislation affecting specific food products sold (e.g. compulsory enrichment of corn products in South Carolina; tax levies on certain foods).
6. Increase in quantity of some locally produced foods (milk, for example) to supply nutritional needs and improvement in distribution and marketing facilities.
7. Development of community food preservation centers (canning centers for schools or for family use; community freezing lockers).
8. Continuation and improvement of nutrition education programs.
9. Studies to indicate the effectiveness of these measures.

IV. Estimates of the manpower and cost of establishing suggested programs.

SOME SUGGESTED REFERENCES FOR SUMMARY OF NUTRITIONAL STATUS

1. Nutrition and food supply: The war and after, The Annals of the American Academy of Political and Social Science, 225 (Jan. 1943).
2. Family food consumption and dietary levels (Consumer Purchases Study), Urban and Village Series, U. S. D. A. Miscellaneous Publication 452; Farm Series, U. S. D. A. Miscellaneous Publication 405.
3. 1940 Census of Agriculture for value of farm products used by farm households, and for proportion of farms having milk cows and home gardens. (Data are available by counties).
4. Handbook of nutrition - Articles in some issues of the J. Am. Med. Assocn., 1942 and 1943 especially.
 - a. Adequacy of American diets, H. K. Stiebeling. 121, No. 11 (Mar. 13, 1943), p. 831.
 - b. Nutrition in preventive medicine, W. H. Sebrell. 123, No. 5 (Oct. 2, 1943), p. 280; No. 6 (Oct. 9, 1943).
 - c. Conditioned malnutrition, N. Joliffe. 122, No. 5 (May 29, 1943), p. 299.

